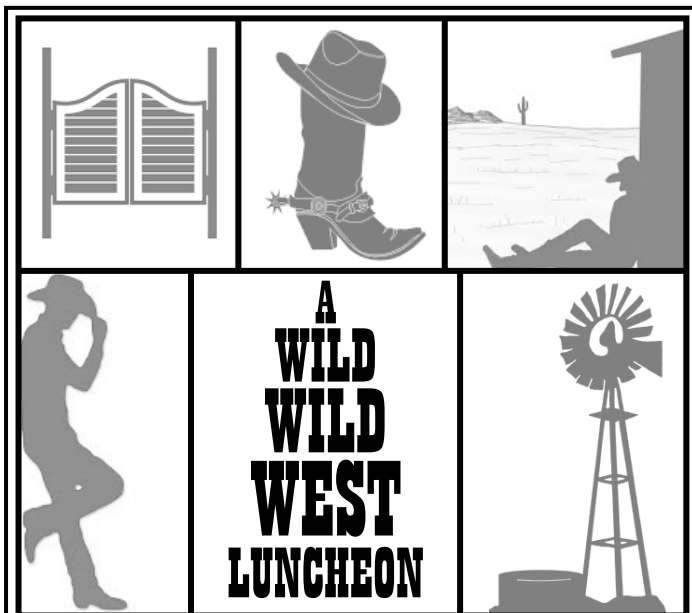


THE BEAR FACTS

SEPTEMBER 2017

Vol. 10 Issue 9



Friday, September 22
11:30am

Bear Canyon special luncheons are back!

So saddle up! Put your boots on and mosey on over to Bear Canyon for a Rootin' Tootin' good time!

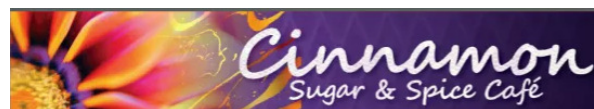
Luncheon tickets go on sale September 5th and are sure to be as popular as flies on honey so be sure to reserve your space round the campfire.



**Bear Canyon
will be Closed**

Monday, Sept 4th for Labor Day.
September 11th-15th for cleaning week.

RESTAURANT OF THE MONTH



CINNAMON
SUGAR AND SPICE CAFÉ

MONDAY, SEPTEMBER 25TH

TUESDAY, SEPTEMBER 26TH

**MEET YOUR BUDDIES FOR BREAKFAST OR GRAB A
DOZEN MUFFINS TO SHARE IN THE OFFICE.**

BREAKFAST AND LUNCH ONLY

*Takeout and Bakery orders are included and
20% of your bill is donated to Friends of
Bear Canyon in support of the Center.*

FOOD TRUCK FRIDAY
w/ classic car show

September 8th

11:00AM - 2:00PM



Scheduled Trucks:
Street Food Institute (CNM)
Pop! Fizz!
Conchita's Creations



CITY OF ALBUQUERQUE BERNALILLO COUNTY
DEPARTMENT OF SENIOR AFFAIRS



The Department of Senior Affairs is a community leader who, in partnership with others, involves seniors and people of all ages in creating a community that enhances everyone's quality of life by providing opportunities to achieve their potential, share their wisdom, maintain their independence, and live in dignity.



City of Albuquerque



Richard J. Berry, Mayor

Department of Senior Affairs

Jorja Armijo-Brasher, Director
Rhonda Methvin, Mgr. Recreation Div.

Bear Canyon Senior Center

4645 Pitt NE; Albuquerque, NM 87111

Phone: 505-767-5959

Fax: 505-767-5964

Hours of Operation

Monday	8 am—5 pm
Tuesday	8 am—5 pm
Wednesday	8 am—5 pm
Thursday	8 am—9 pm
Friday	8 am—5 pm
Saturday	9 am—3 pm
Sunday	Closed

Staff

Kyle Kemp, Center Manager
Anita Hamel, Program Coordinator
Sally Bartos, Office Assistant
Pauline Clements, Program Assistant
Barbara Lucero, Program Assistant
Madeline Velasquez, Cook
David Martinez, Kitchen Aid
John Sanchez, General Service
Kelly Trujillo, General Service

Articles are due by the 15th day of the month. Any material submitted is subject to editing. Inclusion of articles will be determined based on appropriateness of material and relation to the Center's goals and objectives.

Advertising Disclaimer: Businesses that advertise in this newsletter are not endorsed by Bear Canyon Senior Center, the Department of Senior Affairs, or the City of Albuquerque



[HTTP://WWW.BEARCANYONCENTER.COM](http://www.bearcanyoncenter.com)

FROM THE MIND OF THE MANAGER

Welcome to Fall,

This month marks the return of our special lunches with the WILD, WILD WEST lunch on the 22nd (see front cover); our start on the road to national accreditation (see page 10); the final trip registration for 2017 (see far right); and the return of the Silver Horizon's Food Pantry (see below). After the lazy days of Summer, it is good to get back into the swing of things.

August witnessed two great events at Bear Canyon. The first was the addition of 45 veterans to our Veterans Wall of Honor. We now honor 81 men and women who have served our country valiantly and heroically. A special thank you to Mayor Richard J. Berry, Jorga Armijo-Brasher, and Roger Newell for helping us coordinate and celebrate this important event at Bear Canyon.

The second great event was the celebration of our center's volunteers. This year's theme was "You Are Our Superheroes" with themed table decorations, a special superhero photo booth, and a menu that would satisfy any superhero's nutritional needs. Bear Canyon's 170 volunteers allow us to offer over 110 programs and activities **each week**. Our Center could not function without the support of these individuals making them true superheroes to our staff and membership.

September 11th is our annual Fall Cleaning Day. I encourage you to consider helping out this year. This center is used regularly by 1,500 members yet only a handful these members come forward to clean, dust, and polish the center during cleaning. This year, we are in need of a landscaper who can guide us in pruning and trimming the center's abundant flora.

Thank you for your continued assistance and support of our staff in ensuring that Bear Canyon continues to meet the needs of its senior members.



Monday
September 18th
2:30 - 4:00PM

FOOD PANTRY

Silver Horizon's food distribution helps keep nutritious foods available to low income seniors who must make choices between buying groceries, paying utility bills, or buying medication.

Seniors receive meat, dairy, hygiene, pet food, and a large box of non perishable items, enough for 2 weeks of nutritious meals .

For more information about the Silver Horizon Program, call 505-884-3881.

SEPTEMBER TRIPS

Out To Dinner

Red Lobster

Monday, September 11

Check in: 4:45 p.m. Return: 8:30 p.m.

Transportation: \$2.50

Lunch Bunch

McAllister's Deli

Thursday, September 28

Check in: 10:45 AM Return: 2:00 p.m.

Transportation: \$2.50

Ron's Ride & Glide

Wednesday, September 6

\$6.50

Driving Miss Daisy - Albuquerque Little Theater

Sunday, September 10th

\$22.00

Balloon Factory

Wednesday, September 27

\$2.50

Advanced Hiking

Thursday, September 14

No Hike Center Closed

Check in: 8:00 a.m.

Transportation: 5¢/mile

Thursday, September 28

Mano Trail - Boulders - Sandia Eye Loop

Check in: 8:00 a.m.

Transportation: 5¢/mile

Aquatics-UNM Pool

Morning Session: M, W, F

Check in: 8:00 a.m.

Advanced reservation required.

Call 880-2800 to register

OCTOBER-NOVEMBER-DECEMBER TRIP RESERVATIONS

Reservations for the following trips begins at 9:00am on

Wednesday, September 6th.

Please note that while registration doesn't begin until 9:00am, there are usually people in line as early as 7:30am.

Z Coil Footwear Tour

Tuesday, October 3 (\$2.50)

Addams Family - Albuquerque Little Theater

Sunday, October 8th (\$22.00)

Ron's Ride & Glide

Tuesday, October 10 (\$6.50)

Recycling Center

Thursday, October 12 (\$2.50)

Casa San Ysidro

Tuesday, October 17 (\$2.50)

Popcorn Cannery

Thursday, October 19 (\$2.50)

Harrell House Bug Museum

Wednesday, October 25 (\$8.50)

Ron's Ride & Glide

Thursday, November 2 (\$6.50)

Coffee 101- NM Pinon Co.

Thursday, November 9 (\$2.50)

Santa Fe National Cemetery

Wednesday, November 15 (\$7.00)

Christmas in Madrid

Saturday, December 2 (\$7.00)

Ron's Ride & Glide

Tuesday, December 5 (\$6.50)

Holiday Shopping in Old Town Plaza

Thursday, December 7 (\$2.50)

River of Lights

Tuesday, December 12 (\$3.00)

Bugg Holiday Display - Harvey House

Thursday, December 14 (\$7.00)

Annie - Albuquerque Little Theater

Sunday, December 17 (\$22.00)

SEPTEMBER PRESENTATIONS

Funny Aspects of Weight Loss

Wednesday, September 6

10:00 - 11:00AM

In this session, learn about recent diet research and how to spot useful diet and exercise ideas. JL Greger was nutrition professor at the University of Wisconsin-Madison and couldn't resist putting many of these ideas in her mystery novel, Murder...A Way to Lose Weight.

Presenter: Janet Greger

Power of Attorney Clinic

Wednesday, September 20

10:00 - 11:00AM

SCLO will assist seniors in executing power of attorney forms for healthcare and finances, as well as cremation authorization forms. Please bring identification, as well as the names and contact information of people you wish to appoint as your agents.

Presenter: Senior Law Office

Composting in Tumbling Bins

Wednesday, September 27

10:00AM - Noon

Class will cover basic composting science in the high desert with a specific focus and unique recommendations / tips for success using tumbling composting bins.

Presenter: Bernalillo County Extension

RECEIVE THE NEWSLETTER ELECTRONICALLY

If you go to www.bearcanyoncenter.com and click the Email icon on the home page, you can register to have the monthly newsletter, weekly event reminders, and special notices sent to your email. What's even better is the electronic newsletter is usually available earlier than the printed version.

FRIENDSHIP COFFEE

Friendship Coffee is a wonderful opportunity to gather with old friends, and make new ones while enjoying a hot cup of coffee and a morning treat. The event is free thanks to the generosity of the following sponsors and supporters:

September 5	NM Reverse Mortgage
September 12	CENTER CLOSED
September 19	Cap Tel
September 26	Edwards Jones

REGULAR MONTHLY MEETINGS

ABQ HISTORICAL AVIATION

1st Thursday at 7:00PM

ALBUQUERQUE ACCORDION CLUB

2nd & 4th Thursday at 7:00PM

CHEROKEE SOUTHWEST TOWNSHIP

2nd Saturday from 10:30-2:30

FISHING CLUB MEETING

Alternating Mondays at 1:00PM

FRIENDS OF BEAR CANYON

2nd Thursday at 8:30AM

GENEALOGY CLUB

3rd Friday at 12:30PM

PROSTATE CANCER SUPPORT GROUP

1st & 3rd Saturday at 12:30PM

SOCIABLE SINGLES

Meeting

1st Tuesday at 11:30AM

3rd Friday at 3:00PM

Games

4th Thursday at 3:00PM

TGIF POETRY GROUP

1st & 3rd Friday at 1:00PM

TOPS NM (TAKING OFF POUNDS SENSIBLY)

Thursday at 8:00AM

VFW Post 10763

1st Thursday at 8:30AM

ZIA SUNDIALS

2nd Saturday at Noon

THURSDAY DANCE

Join us on Thursdays from 6:00pm to 8:45pm for a whirl around the dance floor. Whether it is the waltz, polka, foxtrot, or jitterbug, you will have fun with your partner or with someone new.

September 7 Swing Shift
September 14 CENTER CLOSED
September 21 Trio Bravo
September 28 Recorded Music

Your current membership card and \$3.00 is all you need for an exciting evening of music and movement

Geriatric Education and Health Maintenance (GEHM)

GEHM provides a wide variety of health services to help seniors obtain and maintain the highest level of health and independence. Services are provided by UNM nursing and pharmacy students.

Monday, September 25th 9:00AM – 11:00PM

The New Game Room

We are in the process of establishing a Game Room where members can either gather to play games during designated times or check-out games to play in the lobby. We hope to have not only the usual suspects (Monopoly, Clue, Uno) but more unusual games as well. In addition, we hope to add a TV to the room so that we can connect our Wii games.

There are some games in the cabinet, but we need more to provide our members the best selection. If you have games in your home that you no longer play, please consider donating them to the center's game room. Please make sure that they are complete with all pieces.

Watch for flyers and electronic messages as we prepare to kick-off the game room with a tournament of champions.

Thank you for your support and generosity.



PIE, ICE CREAM AND REAL ESTATE!

Hello my Friends of Bear Canyon Senior Center. There is nothing I like better than stopping by on the third Friday every month with Pie and Ice Cream for the Ice Cream social. I truly appreciate the many thanks I get from a lot of you.

I have been in the Real Estate business since 2004. The Real Estate market is on an upward movement and that is good both for the economy of Albuquerque and for those who are considering selling their home. Perhaps you are considering downsizing since the children have all grown and moved on, or you may be thinking about moving into an independent or assisted living community. If that's the case give me a call and let's have a cup of coffee. I can tell you how the market is doing in your area and give you a free Market Analysis for your home specifically.

Stay Well My Friends,

Greg Gillogly, Senior Real Estate Specialist (SRES)

Granfor's Realty, LLC

Office 505-821-1309, Cell 505-328-5277

Email greg@granforsrealty.com

YOUR NEIGHBORHOOD COMPUTER MAN



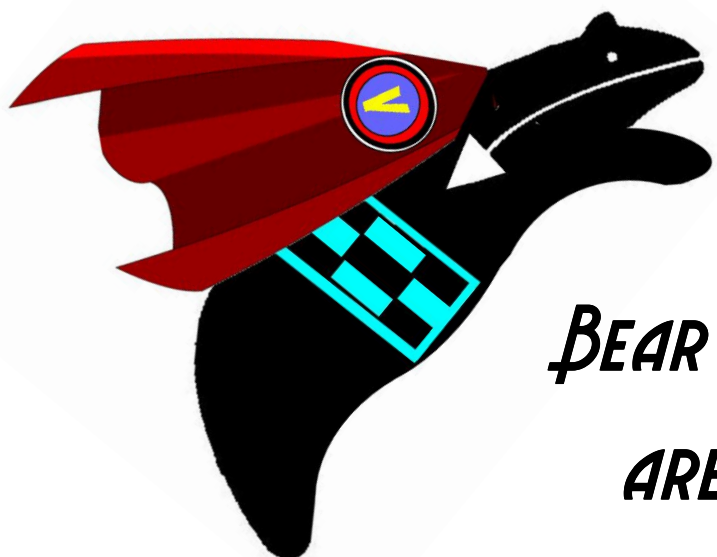
*Old-fashioned, friendly
service for high-tech devices*

**We're available
Monday – Saturday
and we come to you!**

**For anything computer or
electronics related.**

**Phone: (505) 508-2124
E-mail: info@yncm-abq.com**

\$64 per hour (1 hour minimum) plus a \$10 per-trip fee.



BEAR CANYON VOLUNTEERS ARE SUPERHEROES

On August 25th, the staff of the Department of Senior Affairs and Bear Canyon Senior Center hosted the 2017 Annual Bear Canyon Volunteer Celebration.

Bear Canyon Senior Center could not offer the superlative level of member services and activities without the assistance of the over 170 volunteers whose dedication and service vanquish the villainy of boredom and isolation in the lives of our members.

If you would like to become a SUPERHERO at Bear Canyon, contact Sally Bartos to discuss how your talents can best be used at the Center.





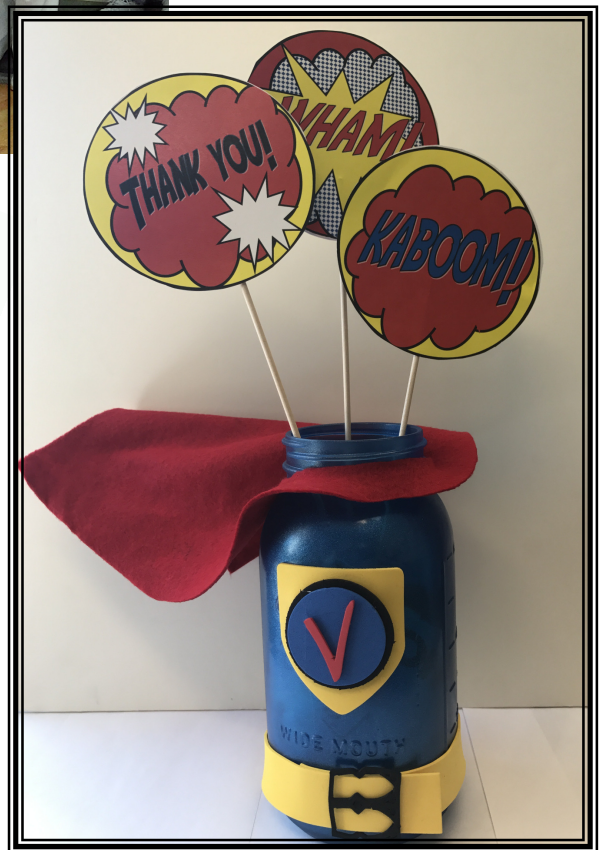
ZAP!



PING



POW!



SEPTEMBER MOVIE MATINEE



SEPTEMBER 26TH
1:30PM

A musical look at the early years of talking pictures with favorite tunes Make "Em Laugh, Good Morning, All I Do, You Were Meant for me and of course the title song. Gene Kelly, Donald O'Connor, and Debbie Reynolds (in her first major role) at their best.

Sponsored by...



TOWN HALL MEETING

September 26, 2017

10:00-11:15

Last Spring, after I had been at the Center for 6 months, the staff hosted a Town Hall Meeting to discuss the strengths and weaknesses of the center and the dreams and suggestions of its members.

As I approach my year anniversary, I would invite you to a follow-up session to explore the center's progress and its continued strengths and challenges.

As our community continues to age, and with it our membership, we face a greater urgency to explore the needs of what seems to be two distinct demographics - those who are newly senior and those who are more comfortable with the label. Join us as we explore the needs of both demographics and what role the center can play in meeting these needs within its mission and scope of service.

HAPPY SEPTEMBER BIRTHDAYS!

and other obscure September celebrations:

- 2 International Bacon Day
- 10 Grandparent's Day
- 15 Make a Hat Day
- 17 Wife Appreciation Day
- 28 Ask a Stupid Question Day

CELEBRATE NATIONAL BALLROOM

DANCE MONTH

September 28, 2017

1:30am - 2:30PM

First there was *Championship Ballroom Dancing* on PBS; then *Dancing with the Stars* on ABC and *So You Think You Can Dance* on FOX; now we have Ballroom Dancing, live on BCSH (BEAR CANYON SOCIAL HALL).

Join us for this thrilling journey through various styles and forms of ballroom dancing by USA Dance featuring nationally recognized dancers and performers.

NEW CLASS

Beginning Spanish

Monday, October 2nd through November 6th

8:30-9:30am

Have you always wanted to learn Spanish but were unsure where to start? Join our new beginning Spanish class on October 2nd and spend 6 weeks getting a feel for the language and the grammar.

\$35.00 includes texts and supplemental material

Instructor: Carlos A. Johnson

RETURNING CLASS

Cast Iron and Dutch Oven Cooking

Begins September 6th

10:00AM to Noon

Back by popular demand, Cast Iron and Dutch Oven Cooking will not only help you work with these unique cooking instruments but it will provide demonstrations and instructions on their unique cooking capabilities. This is a class which is both useful and delicious.

Instructor: Larry Merry

If you KNIT or CROCHET, have we got a group for you!

The Monday morning Knit/Crochet group, which meets in room 5, has been gathering since the late 1980's, a long time for a group that offers no formal classes, no curriculum, no requirements for participation other than to show up. It is one of many opportunities for socializing and learning offered at this location by the Albuquerque Department of Senior Affairs. The group leaders want our readers to know "Knitters, crocheters and quilters can be sure to find ideas and inspiration here. If folks want to bring the sweater, socks or scarf they're making for their grandchild, or the prayer shawl they'll be donating to a hospice ministry, they can do that. If they want to become a Project Linus "Blanketeer" and donate their handmade blankets to our area's children in crisis, they can certainly do that as well. If they're looking for patterns, help with a challenging stitch, suggestions about fabrics or yarn someone will try to help. If they can't answer your questions they will have a good idea where to direct you."



Project Linus

While there is a strong association between the Knit/Crochet group and a "Project Linus group" there are distinctions. The Knit/Crochet group is under the umbrella of hundreds of programs offered by the Department of

Senior Affairs. Project Linus Bernalillo County Chapter is part of a national 501(c)3 non-profit network with headquarters in Belton, MO and chapters in all 50 states. Since the local Project Linus chapter has no "official" headquarters, the Bear Canyon Knit/Crochet group has become a sort of unofficial headquarters. One of the courtesies we extend is to accept donations on behalf of the Chapter. People can "drop" their Linus blankets and/or blanket making supplies with us. Another is providing space by hosting this group, one of many which has been faithfully making and donating blankets since the Chapter was formed in 1999. Most groups meet in senior centers or church halls. A few venues, such as Bear Canyon, are able to offer storage space for supplies and blankets. Groups throughout the metro area meet weekly, monthly or on scheduled days during the year. Some groups set a "number of blankets goal" and meet until that goal is reached. All of these groups are dedicated to the children served by Project Linus. As of July 1, 2017 they have delivered 62,166 blankets since forming in January 1999. Their mission is *Project Linus provides love, a sense of security, warmth and comfort to children who are seriously ill, traumatized, or otherwise in need through the gifts of new, handmade blankets and afghans, lovingly created by volunteer "blanketeers."*

For more information on Project Linus, contact Carol Driscoll at 505.980.0472 or caroldriscoll@comcast.net

The Road to Accreditation 2018

Starting this Fall, Bear Canyon will begin the process of reaccreditation with the National Council of Aging (NCOA) / National Council on Senior Centers. This process occurs every five years and ensures that our center continues to meet stringent criteria of excellence in senior care.

In order to be accredited, Bear Canyon must demonstrate that we meet or exceed defined standards in 9 areas of operation:

- ◆ Purpose and Planning
- ◆ Community Connections
- ◆ Governance
- ◆ Administration and Human Resources
- ◆ Program Development and Implementation
- ◆ Evaluation
- ◆ Fiscal and Asset Responsibility
- ◆ Records and Reports
- ◆ Facility and Operations

Over the next couple of months, we will be looking for members to be part of the Community Senior Center Accreditation Self-Assessment committees to help evaluate the various aspects of the center. In addition, we will be inviting our members to share their opinions and suggestions on how effectively Bear Canyon Senior Center is meeting their needs.

The strength of Bear Canyon continues to be the partnership between staff, volunteers, and members. Working together, we can achieve so much more than any of us can achieve separately.

This Fall we are starting a journey which will (hopefully) culminate in accreditation for another 5 years. More importantly, I hope that the journey will lead to a deeper understanding of both what is involved in the operation of a senior center and an appreciation of how special Bear Canyon and the other centers of Albuquerque truly are.

For more information on the accreditation process, contact Kyle Kemp (505.767.5959 / kkemp@cabq.gov).

AARP DRIVER SAFETY CLASSES

1st Saturday of month, 9:30AM – 1:30PM

3rd Thursday of month, Noon – 4PM

Cost: \$15 for AARP members/\$20 for non-members.

Call the Center to register for a class.



ALGREENS will be providing

FREE FLU SHOTS

on Friday, October 13th

from 8:30am to 1:00pm

CELEBRATING OUR VETERANS

On August 24th, Bear Canyon added 45 veterans to our Wall of Honor as Jorja Armijo-Brasher, Roger Newell, and Mayor Richard J. Berry presented the service men and women with their picture which now hangs in the lobby. Bear Canyon salutes all our veterans and thanks them for their service to our country.





APPLE MAC

Apple iPad & iPhone Workshop

2nd Thursday of every month,

10:00 am – Noon

iPad and iPhone users, bring your iPad or iPhone and join the fun! This is a FREE workshop format where your iPad, iPhone, and iOS questions may be answered. Note: Kindle, Nook, Windows tablets, or Android devices are not covered. Seating is limited to the first 25 who arrive.

Contact: Bob Reed – reed1936@comcast.net

APPLE MACINTOSH DAY

3rd Saturday of each month,

9:45 am to Noon

Open to Mac users of any experience level—FREE. An open, interactive Apple Macintosh Users meeting and workshop.

Activities include a question & answer session, demonstrations of various Mac Tips & Tricks, and useful presentations of other “how to” Mac related topics.

Contact: Bob Reed – reed1936@comcast.net



WINDOWS

PC COMPUTER WORKSHOP

3rd Wednesday every month 1:30 to 3:30 p.m.

This is a **FREE** monthly workshop forum where you have the opportunity to get your Windows PC related questions answered. Donations are appreciated. No registration is needed. Seating is limited to the first 25 who arrive.

Facilitators: Harold Gottlieb and Gary Day

Contact: Harold Gottlieb – hbgottl2@q.com

WINDOWS PC CLASSES AT BEAR CANYON

For a calendar of Bear Canyon computer activities, visit:

<http://www.brownbears.wa.gov/freecal/bcsc>

We conduct classes on a variety of Windows PC topics.

*To join our email list, and receive course notifications,
contact:*

Gary Day (505-292-4909 or garylday@msn.com)

or Walter Garrett (bcwinclasses@gmail.com)

OPEN COMPUTER LAB

**Mon, Wed, and Fri
9 –11 a.m.**

iMac, PC, and iPad are available
for members' use.

Chair Massage

Did you know that Bear Canyon offers chair massages on Mondays from Noon to 3:00pm? Imagine all the tensions in your body giving way to peaceful bliss.

Mondays from Noon to 3:00PM

Reflexology

Please be aware that reflexology is on hiatus for the foreseeable future due to scheduling conflicts.

We apologize for the inconvenience.

Breakfast Menu

Served 8:00AM to 9:00AM Monday - Friday

Full Breakfast \$1.50

2 eggs, 2 pieces of bacon or sausage,
Hash browns, toast or tortilla

Mini Breakfast \$0.75

1 egg, bacon or sausage. Hash browns, toast or tortilla

Breakfast Burrito \$1.50

1 egg, bacon or sausage, hash browns (chile optional)

A-la-Carte

Egg	.25
2 Pieces of bacon or sausage	.50
Pancake	.25
French Toast	.25
Toast or Tortilla	.20
Hash Browns	.30
Hot Cereal w/milk	.70
Side of Chile	.25

Drinks

Orange Juice	.25
Milk	.25
Coffee or Tea	.30

Lunch Menu

Served 11:30AM to 1:00PM Monday - Friday

Daily Lunch Special

\$3.25 for members 60 years of age and older
See below for daily special; must be reserved by 1:00pm on the
previous day; call 505.767.5959 for reservations

A-la-Carte (reservations not necessary)

Salad

Bowl	1.00
Plate	2.00

Sandwiches

Cold Turkey	1.50
Turkey Melt	1.50
"Salad" Sandwich of the Week	1.50
Grilled Cheese	1.25
½ Sandwich	.75
Slice of Pie (daily selection varies)	.50
Bowl of Soup (daily selection varies)	.50

Drinks

Milk	.25
Coffee or Tea	.30

SEPTEMBER DAILY LUNCH SPECIALS

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Reservations for daily lunch specials is required by 1:00 p.m. the previous day. Call 767-5959 to reserve your lunch special. Reserved meals not purchased by 12:30PM are cancelled. Lunch Specials are subject to change without notice. Ala-Cart menu available without reservations.</p>				1 Loaded Baked Potatot w/ Broccoli & Cheese
4 	5 Red Chile Cheeseburger	6 Chicken Tenders w/ Ranch	7 Sweet & Sour Pork	8 Salmon w/ Lemon Butter
11	12	13	14	15
<div>BEAR CANYON SENIOR CENTER CLOSED FOR CLEANING</div>				
18 Pork Chop & Applesauce	19 Philly Cheesesteak	20 Red Chile Cheese Enchilada	21 Chicken Parmesan	22  Wild, Wild, West Special Luncheon
25 Catfish w/ Tartar Sauce	26 Cheesy Taco Pasta	26 Orange Chicken	28 Stuffed Potato	29 BBQ Brisket